



Ashley's Meal Prep Monday!



Dairy/Gluten Free Blueberry Muffins

INGREDIENTS

1/4 cup melted coconut oil
200 ml gluten free oat milk
2 TBSP lemon juice
5 TBSP maple syrup
1 TSP vanilla
pinch of salt
1/4 cup coconut flour
1 1/4 cup gluten free flour
2 heaping TSP baking powder
1/4 TSP baking soda
1 cup fresh blueberries

Pre heat oven to 350 and line a muffin tin with silicone liners (they work the best)

Place melted coconut oil in large bowl and add in oat milk, lemon juice, maple syrup, vanilla, salt and coconut flour.

Sift in gluten free flour, baking powder and baking soda and mix well. Add in a tiny splash more oat milk if it's dry. Fold in fresh blueberries, making sure not to crush them.

Transfer to muffin tin, bake for 20 minutes until risen and a toothpick comes out clean. Feel free to add walnuts or coconut to the muffin tops before baking!



RECIPE: RHIANRECIPES.COM

CARTWRIGHT'S
MARKET